

Bringing 4-H to the Classroom – An Introduction to School Standards

Content standards establish specific expectations for the assessment of cumulative learning by the end of first grade, fourth grade, eighth grade and 12th grade. The standards listed for this curriculum serve as a base guide and are not absolute – you may find that you add or subtract specific standards as you seek to meet the needs of your unique educational setting. In addition, as the curriculum is adapted standards for grade levels not listed here may be met. Visit the Nebraska Department of Education website to access current standard lists in each content area.

As this is a University of Nebraska-Lincoln Extension publication, the Nebraska State Educational Standards have been aligned to the materials found in this curriculum. Alignment of the Nebraska Standards are in compliance with national educational standards. If you are using this curriculum in another state, please refer to your local education department to reference your own individual state standards and see how they relate to the standards listed here.

YOUth in Motion Activities: Aligned with Nebraska State Education Content Standards

Nebraska State Education Content Standards are “statements focusing on academic knowledge, skills and understandings that schools should teach and students should know as a result of their schooling” (Nebraska L.E.A.R.N.S., 1999).

The content area “home base” for this curriculum is Health/P.E.

Career Cluster Area(s): Health Science, Human Services

Applies to overall curriculum

Family & Consumer Sciences:

06-12.10.1 – Demonstrate transferable and employability skills in family, community and work/career settings.

10.D – Examine potential career choices to determine the education, technology, and attitudes associated with each.

Your Heart Rate

HE/PE:

1.1 Students will comprehend concepts related to healthy lifestyles and disease prevention.

Students will describe relationships between personal health behaviors and individual well-being.

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.1.3 Measure a change using appropriate tools and units of measurement

4.7.1 Describe how different substances, such as tobacco, alcohol, and drugs, can damage the body and alter how it functions.

Explain how the body uses food and how various foods contribute to health

Math:

4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation.

4.2.1 By the end of fourth grade, student will estimate, add, subtract, multiply, and divide whole numbers without and with calculators and solve word problems.

4.3.3 By the end of fourth grade, students will tell and write correct time to the minute using an analog clock.

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.1.3 By the end of the fourth grade, students will identify the basic facts and essential ideas in what they have read or viewed.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.B, 7.D, 7.E, 7.G

Working Heart Rate

HE/PE:

1.1 Students will comprehend concepts related to healthy lifestyles and disease prevention.

Students will describe relationships between personal health behaviors and individual well-being.

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.1.3 Measure a change using appropriate tools and units of measurement

4.2.1 Scientific inquiry: Plan and conduct a simple investigation; use data to support explanations

Math:

4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation.

4.2.1 By the end of fourth grade, student will estimate, add, subtract, multiply, and divide whole numbers without and with calculators and solve word problems.

4.3.3 By the end of fourth grade, students will tell and write correct time to the minute using an analog clock.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.1.3 By the end of the fourth grade, students will identify the basic facts and essential ideas in what they have read or viewed.

4.2.5 By the end of the fourth grade, students will use self-generated questions, note-taking, summarizing, and outlining to enhance learning.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.B, 7.D, 7.E, 7.G

Goal Setting

HE/PE:

1.1 Students will comprehend concepts related to healthy lifestyles and disease prevention.

Students will describe relationships between personal health behaviors and individual well-being.

Science:

4.1.3 Measure a change using appropriate tools and units of measurement

Math:

4.2.1 By the end of fourth grade, student will estimate, add, subtract, multiply, and divide whole numbers without and with calculators and solve word problems.

4.3.3 By the end of fourth grade, students will tell and write correct time to the minute using an analog clock.

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.3 By the end of the fourth grade, students will identify the basic facts and essential ideas in what they have read or viewed.

4.2.1 By the end of the fourth grade, students will identify, describe, and apply knowledge of the structure of the English language and stand English conventions for sentence structure, usage, punctuation, capitalization, and spelling.

4.2.4 By the end of the fourth grade, students will use a variety of forms to write for different audiences and purposes.

4.2.5 By the end of the fourth grade, students will use self-generated questions, note-taking, summarizing, and outlining to enhance learning.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

1.C – Apply practical reasoning to investigate a family-related concern.

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.B, 7.D, 7.E

06-12.12.1 – Analyze the individual’s ability to balance multiple roles in the family, work/career, and community.

Possible sub-standard linkages: 12.B, 12.D

Stretching

HE/PE:

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.2.1 Scientific inquiry: Plan and conduct a simple investigation; use data to support explanations

Math:

4.3.3 By the end of fourth grade, students will tell and write correct time to the minute using an analog clock.

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.B, 7.D, 7.E, 7.G

Muscles

HE/PE:

- 1.3 Students will comprehend concepts related to healthy lifestyles and disease prevention. Students will describe the basic structure and functions of the human body systems.
- 3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

- 4.2.1 Scientific inquiry: Plan and conduct a simple investigation; use data to support explanations

Math:

- 4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation.
- 4.4.2 By the end of fourth grade, students will identify, analyze, and compare two-dimensional geometric figures using congruence, symmetry, similarity, and simple transformations.
- 4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

- 4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.
- 4.2.5 By the end of the fourth grade, students will use self-generated questions, note-taking, summarizing, and outlining to enhance learning.
- 4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.
- 4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

- 06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.
Possible sub-standard linkages: 3.A, 3.C
- 06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.
Possible sub-standard linkages: 5.A, 5.B, 5.C
- 06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.
Possible sub-standard linkages: 7.B, 7.D, 7.E, 7.G

Down time**HE/PE:**

- 3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science: None**Math:**

- 4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation

4.2.1 By the end of fourth grade, student will estimate, add, subtract, multiply, and divide whole numbers without and with calculators and solve word problems.

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.2.5 By the end of the fourth grade, students will use self-generated questions, note-taking, summarizing, and outlining to enhance learning.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

1.C – Apply practical reasoning to investigate a family-related concern.

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.B, 7.D, 7.E, 7.G

6-12.8.0 – Analyze how knowledge and skills related to living environments (housing, interiors, home furnishings) affect the well being of individuals, families and society.

Possible sub-standard linkages: 8.B, 8.C, 8.D, 8.E

06-12.12.1 – Analyze the individual's ability to balance multiple roles in the family, work/career, and community.

Possible sub-standard linkages: 12.B, 12.D

Helpings/Servings

HE/PE:

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

7.2 Students will demonstrate the ability to advocate for personal, family, and community health. Students will express information and opinions about health issues.

Science: None

Math:

4.3.2 By the end of fourth grade, students will estimate, measure, and solve word problems using standard units for linear measure, area, mass/weight, capacity, and temperature.

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

4.4.1 By the end of fourth grade, students will identify, describe, and create two-and three-dimensional geometric shapes.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.2.5 By the end of the fourth grade, students will use self-generated questions, note-taking, summarizing, and outlining to enhance learning.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

1.C – Apply practical reasoning to investigate a family-related concern.

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.A, 7.B, 7.C, 7.D, 7.E, 7F, 7.G

Drinks

HE/PE:

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.7.1 Explain how the body uses food and how various foods contribute to health

Math:

4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.1 By the end of the fourth grade, students will draw on a variety of strategies to read and understand unfamiliar words and phrases.

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.1.7 By the end of the fourth grade, students will identify and apply knowledge of the structure, elements, and meaning of nonfiction or informational material and provide evidence from the text to support their understanding.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

Family & Consumer Sciences:

1.C – Apply practical reasoning to investigate a family-related concern.

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.A, 7.B, 7.C, 7.D, 7.E, 7.F, 7.G

Snacks

HE/PE:

2.1 Health Principle #2: Students will demonstrate the ability to access accurate health information and health-promoting practices, product, and services

3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.7.1 Explain how the body uses food and how various foods contribute to health

Math:

4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.

4.2.4 By the end of the fourth grade, students will use a variety of forms to write for different audiences and purposes.

4.3.1 By the end of the fourth grade, students will pose questions and contribute their own information or ideas in group discussions in order to acquire new knowledge.

4.4.1 By the end of the fourth grade, students will gain information or complete tasks by listening.

Family & Consumer Sciences:

1.C – Apply practical reasoning to investigate a family-related concern.

06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.

Possible sub-standard linkages: 3.A, 3.C

06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.

Possible sub-standard linkages: 5.A, 5.B, 5.C

06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.

Possible sub-standard linkages: 7.A, 7.B, 7.C, 7.D, 7.E, 7.F, 7.G

Labels

HE/PE:

- 2.1 Health Principle #2: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
- 3.4 Health Principle #3: Students will demonstrate the ability to practice health-enhancing behavior and eliminate/reduce health risks. Students will demonstrate strategies to improve or maintain personal health.

Science:

4.7.1 Explain how the body uses food and how various foods contribute to health

Math:

- 4.1.3 By the end of fourth grade, students will describe and apply relationships between whole numbers, decimals, and fractions by order, comparison, and operation.
- 4.5.1 By the end of fourth grade, students will collect, organize, record, and interpret data and describe the findings.

Reading:

- 4.1.2 By the end of fourth grade, students will acquire and use correctly an advanced reading vocabulary.
- 4.1.7 By the end of the fourth grade, students will identify and apply knowledge of the structure, elements, and meaning of nonfiction or informational material and provide evidence from the text to support their understanding.

Family & Consumer Sciences:

- 1.C – Apply practical reasoning to investigate a family-related concern.
- 06-12.3.1 – Analyze the responsibilities and significance of the family and the interdependent relationships impacting individual families.
Possible sub-standard linkages: 3.A, 3.C
- 06-12.5.1 – Analyze the impact on human growth and development on individuals across the life span.
Possible sub-standard linkages: 5.A, 5.B, 5.C
- 06-12.7.1 – Demonstrate nutrition and wellness practices that enhance individual and family well being.
Possible sub-standard linkages: 7.A, 7.B, 7.C, 7.D, 7.E, 7.F, 7.G